

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

Becoming a healthy snack detective

Tuesday, September 15

1:00 p.m.

WIC Clinic

McFarland Office Building

Are you busy parents and need some new snack ideas for your child? Do you reach for quick prepared options in the market with hidden sugars/additives? Have a “picky eater” and need some cost effective recipe ideas to stretch your dollar? Then come to a WIC workshop to explore new healthy snack options for your child. Have fun and let’s create a hands-on recipe together.

Please call Debbie at 476-7442 to reserve your place.

All activities are FREE
of charge!

WIC2Five

Your kids have you and you have WIC! WIC2Five is a new text messaging service to help your family grow healthy, happy and smart with weekly tips specific to your child’s age and stage of development. You’ll get health and nutrition information, community events announcements and more! Sign up at your local WIC office, on our Facebook page, or on our website.

<http://healthvermont.gov/wic> or

<http://healthvermont.gov/local/district/Barre.aspx>



WIC2Five

Let’s go food shopping

Thursday, October 8

10:30 a.m.

Price Chopper

Barre/Montpelier Road

(meet in front of Starbucks in atrium)

We all eat with our eyes and then our tummies rumble while pushing the grocery cart. Watch out — that can be trouble and you may buy unnecessary items. Need some new meal ideas? Perhaps you have a tired, hungry child in tow and time is limited in the market. Come to a supermarket tour to learn how to shop effectively. By learning some tricks of the supermarket, you’ll learn how to shop wisely and make your dollar stretch.

Call Debbie at 476-7442 to reserve your place.

Time for solids

Tuesday, November 10

10:00 a.m.

WIC Office

McFarland Office Building

When and how should I introduce solids to my baby? We will discuss this and in addition learn that making your own baby food can be easy as well as inexpensive. Free food mill to those who attend.

Call the WIC Office at 479-4200 to reserve your place.

FIT WIC FUN AND GAMES PAGE

Rhythm and movement come naturally to most children. When you combine some movement activities to music children have a chance to feel good about moving their bodies.

Kids love to wave things in the air. Your kids can have fun with a wavy wand that they make from items you have around the house. Here's an activity you can do with your child.

Wavy Wands

Equipment: CD of active children's music and CD player. One wavy wand for each child and adult.

To make a wavy wand: securely tie several 4 foot lengths of multi-colored ribbon to wooden cooking spoons, one foot rulers, paint stirrers or paper towel tubes.

Procedure: Before moving their wands in a pattern to music, let your child experiment with just moving them for a few minutes. Slowly teach the movements below without music. Give them plenty of time to practice! Next, have your child try moving their wands to music with you guiding them in the movements. *The Wheels on the Bus*, *She'll be Comin' Round the Mountain*, or *The Ants Go Marching* make good tunes to do this kind of activity to.

- wipers
- fishing
- snakes
- circles
- zigzag down
- flags
- floor sweeps

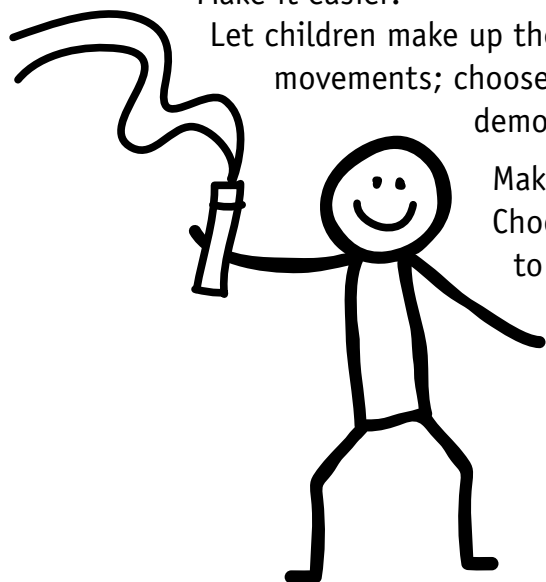
Adjusting to your child's skill level:

Make it easier:

Let children make up their own sequences of movements; choose shorter songs and demonstrate fewer movements

Make it harder:

Choose longer songs and try to do a series of movements over and over



circles



zig zags



figure 8's



waves

